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tapped for star

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Army wife finds
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The Fort Jackson Leader



Thursday, September 3, 2009

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Intervention

Activities to mark suicide prevention week

By DELAWASE FULTON
Fort Jackson Leader

This upcoming week, Fort Jackson will participate in National Suicide Prevention Week activities.

Fort Jackson will host events Sept. 6-10 to educate the community about suicide and to offer hope and support for preventing suicide.

"The week is important because it provides us with the time and with some community activities that allow us to reflect on how precious life is and on how we can intervene to help a friend or a neighbor or a family member through difficult times," said Chaplain (Lt. Col.) Daniel Wackerhagen Sr.,

deputy installation chaplain.

In addition to medical professionals, religious leaders are often among the initial contacts of suicide-related situations. The post's 25 chaplains will recognize the start of the week at various religious services Sunday. Chaplains will hand out suicide prevention tip cards at the conclusion of each service.

Other events this week include:

Tuesday — The Army Substance Abuse Program staff will distribute suicide prevention tip cards at Gates 1 and 2.

Wednesday — Suicide Prevention Information Booth, Main Post Exchange, 4:30-7:30 p.m.

Thursday — World Suicide Prevention Day Service, Main Post Chapel, noon to

12:30 p.m.

The International Association for Suicide Prevention in partnership with the World Health Organization and the World Federation for Mental Health has designated Sept. 6-12 as National Suicide Prevention Week. The 2009 theme is "A Global Agenda on the Science of Prevention, Treatment, and Recovery."

Worldwide, the suicide rate has increased by 60 percent in the last 45 years, WHO reported.

The Army's suicide rate has also dramatically increased. According to the Army News Service, last year brought the highest

See FOCUS: Page 6

Go with the flow



Photo by JAN BECK, WILDWATER RAFTING

Soldiers and family members with the 3rd Battalion, 34th Infantry Regiment navigate the waters of the Ocoee River during a marriage retreat. For more about the retreat, see Page 8.

Leaders responsible for curbing suicide

With next week being National Suicide Prevention Week, I am counting on all members of the Fort Jackson community to give this campaign full support so that we can strengthen our awareness and related training.

There will be a number of events staged across post during the week. But keep in mind that suicide prevention is something we need to address every day and not just for one week a year. I stress this because I have some serious concerns.

Foremost in my mind is the possibility that the Army could surpass the suicide numbers from 2008, despite our stepped-up prevention training and the implementation of new programs.

So far this year, there have been 96 reported active-duty Army suicides since the first of the year through the end of July. For the corresponding time period in 2008, there were 79 suicides among active-duty members.

These statistics are particularly upsetting, considering the numerous novel initiatives that we have begun, as well as the revisions to health promotion policy and the enhancements of access to counseling services for our Soldiers and their families. The obvious question is: Why aren't the numbers declining?

The general officer who heads up the Army Suicide Prevention Task Force, in explaining this enigma, stresses the fact that there is no lack of programs to confront the

BRIG. GEN. BRADLEY W. MAY

*Fort Jackson
Commanding
General*



problem of suicide, but goes on to say that the long-term challenge will be weeding out the ineffective programs and ensuring that Army leaders — from junior NCOs to the most senior officers — know how to help Soldiers take advantage of these programs.

As leaders, we must take charge and see that the mission is accomplished. As I see it, leadership across the board needs to step up right now so that we succeed. In today's fast paced Army, junior commanders, as well as senior leaders are expected to do more, know more and be more than their predecessors. We are expected to know when Soldiers are acting out of character and be able to detect unusual behavior.

To accomplish the task, there has to be communication — make that, excellent communication.

Soldiers must be able to come to their leaders and ap-

proach them with their problems. Allow me to share the words and wisdom of Colin Powell, a distinguished Army leader who went on to serve our nation as secretary of state:

"The day Soldiers stop bringing up their problems is the day you stopped leading them. They have either lost confidence that you can help them or concluded that you do not care. Either case is a failure of leadership."

Those are some very strong words. And I would hope that you pause for a moment and let them sink in. In other words, commanders and leaders need to be approachable. Every Soldier in your unit needs to know that he or she can talk with you about a problem. Leaders must break down the persistent stigmas associated with Soldiers seeking mental health help.

Leaders must provide the avenues for those who feel things are out of hand and no longer manageable and those who feel helpless and hopeless. Leaders must learn to ask the hard questions even when they feel as if they are invading someone's privacy. This is the only way to gain the upper hand in this fight. And, more important, this is the only way to know if someone needs help.

As we prepare for National Suicide Prevention Week, I am expecting leaders to take charge. This is extremely important. In fact, in some instances, it's a matter of life and death.

Army Strong!

The Fort Jackson **Leader**

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Ask the garrison commander about: Compassionate action requests

What is the definition of a compassionate action?

A Soldier can request compassionate action to deal with personal problems. The two types of compassionate requests are either temporary (the problem can be resolved within one year) or for problems not expected to be resolved within one year. See chapter 5-14, Army Regulation 614-200, Enlisted Assignments and Utilization Management.

The term "above and beyond the call of duty" is seldom used loosely. What does it mean?

The term describes the exercise of a voluntary course of action, the omission of which would not justly subject the individual to censure for failure in the performance of duty. It usually includes the acceptance of existing danger or extraordinary responsibilities with praiseworthy fortitude and exemplary courage. In its highest degrees, it involves the voluntary acceptance of additional danger and risk of life. (ref: Army Regulation 600-8-22, Military Awards).

Who is eligible to play in the Texas Hold'em Tournament at the NCO Club?

COL. LILLIAN A. DIXON

*Fort Jackson
Garrison
Commander*



Any DOD ID card holders, military or civilian, their family members and guests, as well as veterans and DoD contract employees working on Fort Jackson. For questions, call the NCO Club at 782-2218.

GARRISON FACT OF THE WEEK

Fall bowling leagues are forming at Century Lanes. If you are interested in bowling, give the staff a call at 751-6138. In addition to the nightly leagues that bowl September through May, there is also a Saturday night league that bowls once a month.

To submit questions, call 751-2842, or e-mail scott.nahrwold@conus.army.mil.

LEADER DEADLINES

The *Leader* welcomes reader submissions. When submitting an article, photo or announcement, please adhere to the following deadlines:

□ Article submissions are due two weeks before the scheduled

publication. For example, an article for the Sept. 17 *Leader* must be submitted by today.

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'Mobile classroom' adds realism to fire prevention

By **STEVE REEVES**
Fort Jackson Leader

The Fort Jackson Fire Department received a mobile Fire Safety House Monday that will be used to teach children how to react in case a fire or other emergency breaks out at home.

The interior of the approximately 40-foot long trailer was custom built to resemble the inside of a typical house, complete with a functioning kitchen.

The Fire Safety House will play a prominent role during Fire Prevention Week, which is scheduled for Fort Jackson beginning Oct. 5.

"It couldn't have come at a better time," said Peter Hines, fire inspector for Fort Jackson's Department of Emergency Services. "This will be a huge asset to Fire Prevention Week."

Children will be able to see firsthand how to deal with household emergencies like a stove fire. The trailer is equipped with smoke generators that make the simulation more realistic.

"I'd rather them learn safety in a controlled environment like this than in a real-world situation," Hines said. "It's a mobile classroom is really what it is. The more we can educate the public, the better."

The trailer is also equipped with a high-tech video and sound system, as well as hydraulics, which allow for a realistic portrayal of what it's like to be in a tornado or hurricane.

During a demonstration of the system on Monday, the trailer rocked back and forth as the window blinds shook, television played a severe-weather warning and the sounds of wind and rain blared out of the speakers.

Daryl Jones, a trainer with Mobile Concepts, the company that built the Fire Safety House, said the trailer en-



Photo by STEVE REEVES

Daryl Jones, left, a trainer with Mobile Concepts, shows Peter Hines, a fire inspector with the Directorate of Emergency Services, how to use the generator that powers the fire department's new Fire Safety House.

gages children's attention, making safety training more effective.

"You make it fun and enjoyable, and that's how kids learn," Jones said. "People's lives have been saved because they went through Fire Safety Houses like this one."

The Fire Safety House cost approximately \$70,000 and was paid for with funds generated from the Fort Jackson Recycling Center.

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SSI commander nominated to be brigadier general

By **SUSANNE KAPPLER**
Fort Jackson Leader

Col. Mark McAlister, commander of the Soldier Support Institute, is among 39 colonels nominated by President Obama for promotion to brigadier general Friday.

McAlister took command of the Soldier Support Institute in July.

"It's an incredible honor to be nominated for promotion to brigadier general," McAlister said. "I have been extremely fortunate over the years to serve with some amazing leaders, Soldiers and civilians who have ensured mission success. My nomination for promotion is more a reflection of their collective works and resilience than any personal accomplishment. I am extremely grateful for their service and look forward to the additional opportunity to serve our Army."

A selection board comprising general officers suggests who should be nominated. Once the president signs off on the nominations, they are submitted to the Senate. Promotions of colonels selected to join the general officer ranks are first examined by the Senate Armed Services Committee and then confirmed by the Senate.

McAlister was commissioned as an officer in 1981. Throughout his career, he has served in various positions in the United States, Germany and Korea and was deployed to Rwanda, Albania, Kosovo and Iraq.

Before coming to Fort Jackson, he was assigned to the Pentagon as executive officer to the assistant secretary of the Army (Financial Management and Comptroller) and chief of Plans, Programs and Budget Integration.

Susanne.Kappler1@us.army.mil



McALISTER

Retiring from service



Photo by CRYSTAL LEWIS BROWN

From left, Staff Sgt. Christopher Shough, Sgt. 1st Class Jeannetta Gall, Master Sgt. Stephen Northrop, Sgt. 1st Class Kim Robinson and Sgt. 1st Class Aracelis Clemente participate in the post's Retirement Review ceremony in front of Post Headquarters Aug. 26.

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❑ For more information, call 751-7045.

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BOSS celebrates 20 years of service

By **DELAWESE FULTON**
Fort Jackson Leader

Fort Jackson's Better Opportunities for Single Soldiers program celebrated its 20th anniversary in August. And, BOSS — as the program is commonly called — continues to be relevant for the post's community.



MILES

Charles Stoudemire, the group's civilian adviser, said he believes the program helps single and divorced Soldiers adjust to and become part of the community — inside and outside the gates.

"BOSS continues to (have) major impact to the Soldier and community because of (the) three pillars that it operates under," Stoudemire said.

Community service, recreation and leisure, and quality of life issues are core to the program.

"BOSS has taken part in carrying groceries at the commissary to reading to kids in the schools. This is probably one of the most meaningful activities that BOSS Soldiers

CAMPAIGN PLAN FOCUS



The BOSS program supports the campaign objective "enhance quality of life for Soldiers" (5.0 on the strategy map). Quality of life is one of the three lines of operation of the Fort Jackson campaign plan.

take part in," Stoudemire said.

Sgt. Arnita Miles, BOSS president, added that the program's initiatives and other social programs give the single Soldier a sense of communal ownership and responsibility.

"BOSS is important because it is the voice of the single Soldier," she said.

BOSS tackles tough issues such as sexual harassment, suicide and alcohol abuse prevention. Miles said the group also has plans to adopt one of the 27 on-post cemeteries and help keep it maintained.

Its more than 900 members also do barracks maintenance and clean-ups to support units. Its members also support post families and education by reading to children at schools.

Each year, Miles said, BOSS sponsors or hosts 30 to 40 social events for Soldiers, including weekend trips and theme nights in the barracks, featuring food and games.

Spc. Eric Hemphill, a volunteer and regular BOSS program participant, recently went with the group on a weekend trip to Myrtle Beach. The 25-year-old Washington state native said it was a worthwhile trip.

"It was fun," Hemphill said. "It's helped me to get out and about the area," he said.

Garrison Command Sgt. Maj. Christopher Culbertson, senior enlisted adviser for BOSS, said the program's staff has done an outstanding job of providing opportunities for single Soldiers.

"And our BOSS president has been asked to serve as BOSS (ambassador) at a convention in Washington," he said. "She was selected out of all of the Army installations."

Miles will serve as a BOSS Ambassador for the 2009 Army 10 Miler and the AUSA Symposium being held Sept. 30 through Oct. 9 at the Washington Convention Center and the Pentagon.

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Infantry contributors



Courtesy photo

Sgt. 1st Class Bobby Bush, Sgt. 1st Class Fredrick Harris, Sgt. 1st Class Juan Barrera, Sgt. 1st Class Brian Reaves, Staff Sgt. Emanuel Stephens, Sgt. 1st Class Gregory Frohman and Staff Sgt. Stephanie Rodriguez receive the Order of Saint Maurice award for their contributions to the infantry. Also pictured are the command teams of the 2nd Battalion, 60th Infantry Regiment and the 3rd Battalion, 60th Infantry Regiment.

Focus of events on prevention

Continued from Page 1

suicide rate that the Army has seen in four years. There were 128 confirmed cases of suicides in the Army.

Col. Lillian Dixon, garrison commander, agreed that the week is a way to highlight an important topic.

"With suicides on the rise in the Army, we need to constantly seek ways to improve awareness of suicide," Dixon said. "Suicide Prevention Week is just one way to educate, reach out and take personal action. If we can just reach out to one more person who is coping with pain and encourage him or her to get treatment, it might just reduce the occurrence of suicide."



WACKERHAGEN

Also, as combat-related post-traumatic stress disorder cases increase in the military, it is critical for Soldiers and their families to be aware of warning signs and understand that it is expected that they ask for help.

"In regards to (PTSD), I would let Soldiers know that if they are concerned about how they are feeling or the way things are going in their families, they should not hesitate to talk to someone because you can get help," Wackerhagen said. "It is also important to reduce and remove the stigma that is associated with getting help for deployment-related problems."

Preventing suicide is also about understanding the reasons people do it, Dixon said.

"I hope Suicide Prevention Week will help our Soldiers, families and civilian workforce have a better understanding of the root causes of suicide," she said. "I want everyone to come away from the week confident that they can recognize the symptoms and reach out to someone who is asking for help. And for anyone who might be considering taking his or her own life, know that there is help and a way to get it confidentially."

"I hope we can all help erase the stigma associated with those who step forward to seek care. When one of our comrades or loved ones is troubled and considering ending his or her life, that is everyone's business."

In addition to calling mental health providers for assistance, Soldiers can also use the on-call chaplain service. Chaplains can be reached 24 hours a day, seven days a week at 319-9613.

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CAMPAIGN PLAN FOCUS



National Suicide Prevention Week events support the major objective "behavioral health and suicide prevention" (7.2 on the strategy map). It falls under the campaign objective "mitigating effects of persistent conflict" and aims to enhance quality of life, one of the three lines of operation in the Fort Jackson campaign plan.

Weapons for hunting must be registered

By SGT. MAJ. GLEN WELLMAN
Directorate of Emergency Services

Big game hunting season is well under way on Fort Jackson. Here are a few tips to that will help everyone understand the rules regarding privately owned weapons at Fort Jackson.

FJ Supplement 1 to AR 190-11 states that a privately owned firearm refers to any type of handgun with a barrel length 12 inches or shorter and/or any type of long barrel rifle or shotgun.

This regulation applies to all military and civilian personnel residing or working on the installation and to anyone who plans to bring a privately owned weapon on the installation, including for recreational purposes.

Personnel arriving at Fort Jackson in a TDY status are discouraged from bringing weapons with them. However, if TDY personnel choose to bring a privately

owned weapon, he or she must complete a weapons registration form and the weapon(s) must be secured in the unit arms room.

The only exception to this rule is any of the above personnel who enter the reservation for authorized hunting, skeet shooting or practice firing.

In these cases, personnel can obtain a temporary registration at the Heise Pond Hunting and Fishing Center. This temporary registration does not permit possession of the firearm on post for any other purpose.

While transporting a privately owned weapon on post, the weapon must be separate from any ammunition and must be in a locked glove box/case, trunk or, in the case of a pick-up truck or SUV, a rear compartment, cargo compartment or behind the seat is acceptable.

Please reference FJ Supplement 1 to AR 190-11 for a list of weapons that are prohibited on the installation.

Construction workers unearth WWII grenade

Leader staff report

Construction workers sifting through rocks in a construction site Monday morning found something a lot more dangerous, post officials said.

"Actually, what they picked up was a hand grenade," said Lt. Col. Ronald Taylor, provost marshal.

The grenade, commonly referred to as a "pineapple" because of its shape, was found in a construction site off Brown Avenue behind the NCO Club.

Finding the unexploded World War II era grenade should serve as a re-

minder to Fort Jackson residents, Soldiers and civilian employees to follow proper procedures if they find something that could be a potential danger, Taylor said.

"If you do see something and you aren't sure what it is, don't touch it," Taylor said. "Don't try to identify it yourself. Call 911 and let us deal with it."

Taylor said those who find something unusual should mark the spot by putting something in the ground nearby, and be able to describe the area to emergency workers.

Despite the find, residents need not be overly concerned, Taylor said. However, he added, because it is a military post, residents and others should be cognizant that there may be ammunition in the ground.

The grenade found Monday appeared to have been buried in the ground for several years, Taylor said, and the workers did the right thing by calling the Directorate of Emergency Services.

The post's Explosive Ordnance Detachment later removed the grenade and cleared the scene.

Housing Happenings

COMMUNITY UPDATES

☐ LifeWork events are free and open to all residents. To register, or for more information, e-mail cw-illiams@bbcgrp.com or call 738-8275. Join the LifeWorks e-mail list and stay informed. Visit www.ftjacksonfamilyhousing.com. All events take place at the community management office unless otherwise noted.

☐ Volunteers are needed for the haunted house Oct. 29 and 30. Call Courtney Williams at 738-8275.

☐ Balfour Beatty Communi-

ties is leasing to single Soldiers E6 and above. A limited number of apartments are available for single Soldiers. Call 738-8275 for details.

DEVELOPMENT UPDATES

☐ JNCO/Community Center
— Retaining walls are installed.
— Framing is in the late stages on the community center. Windows are installed and the curbing asphalt was poured.
— Two townhome buildings and one UFAS home are in the late stages of framing. Windows are installed.

☐ Company grade officer
— All concrete slabs are poured.

— Framing is in the early stages.
— Curbing is in and the first layer of asphalt was poured.

☐ Senior officer
— Siding, windows, roofing and duct work are in various stages.
— Exterior painting and drywall installation has begun.
— Electric and plumbing installation is ongoing.
— Curbs, the first layer of asphalt and the gutter were poured for portions of the new street.

Battalion retreat creates ‘Strong Bonds’

Special to the Leader

Fourteen married couples with 3rd Battalion, 34th Infantry Regiment spent Friday to Sunday in the Blue Ridge Mountains along the Georgia and Tennessee border as part of the unit's first marriage retreat.

The couples participated in several marriage seminars focused on building better relationships and communication, along with whitewater rafting down Class 3 and 4 rapids on the Ocoee River and visiting an apple orchard.

The retreat was sponsored by the Strong Bonds Program.

The purpose of the retreat was to, “focus on the most important relationships we have — those with our spouses,” said Lt. Col. Bryan Hernandez, battalion commander. “Our cadre members need time to work on their marriages. This is due to the high OPTEMPO they face, both from previous deployments and in Basic Combat Training. This retreat allowed them time with their spouses to reconnect and build stronger relationships.”

CAMPAIGN PLAN FOCUS



The Strong Bonds program supports the major objective “drill sergeant and Soldier resiliency / family time balance” (7.1 on the strategy map). It falls under the campaign objective “mitigating effects of persistent conflict” and aims to enhance quality of life, one of the three lines of operation in the Fort Jackson campaign plan.

The marriage seminars dealt with topics such as relationship danger signs, communication, hidden issues, problem solving and forgiveness in a marriage.

For many couples, it was their first retreat and it provided insightful tips into nurturing a more successful marriage.

Although the weekend was oriented toward married couples, some families brought their children. The free child care that was provided gave many couples the opportunity to attend. The children had a chance to stay active and play while their parents attended the marriage classes. Some even had the chance to join their parents on the whitewater rafting excursion.

“It was great to see the smiles on the faces of the couples and to see them relax more with one another as the retreat progressed,” said Chaplain (Capt.) Chuck Scott, battalion chaplain. “But just as great, if not greater, was seeing the light come on for many of the couples. The discussion was extremely healthy. We truly learned from one another.”

The battalion is also scheduling two retreats for single Soldiers and parents.

“My goal is to take care of our cadre and their families,” Hernandez said. “Our drill sergeants work six to seven days a week, 12 to 15 hours a day. They are absolutely committed to producing the best Soldiers in the Army and they deserve the most we can do for them.”

Meet the author



Photo by SUSANNE KAPPLER

Author Minnie Dix signs one of her books at the Main Post Exchange Aug. 27. Dix is a South Carolina native and has written a number of children's books.

Soldiers can prevent excess weight charges

From the Directorate of Logistics

An increased number of service members have been charged for excess weight in their personal property shipments. In a few cases, excess costs have been as much as \$10,000.

In most cases, the service member did not note on the inventory sheet that professional gear was being included in the shipment.

It is the responsibility of the service member to separate professional gear prior to the arrival of the moving company, identify to the moving company that it is professional gear, and ensure that the inventory description of the box states “pro gear” or “PBE,” or “professional books and equipment.”

Another issue is direct deliveries. Although direct deliveries save the government money and provide great convenience to the service member, these shipments are frequently not reweighed.

Direct deliveries often occur without the transportation office being notified until afterward. If the transportation office knows about the delivery in advance, a reweigh can be requested and often, the weight is lower.

Customers should contact their inbound transportation office with contact information and delivery arrangements. Customers should also ask the transportation service provider to notify the transportation office regarding delivery arrangements.

Requests for reweighs are based on the weight of the reported shipment. The transportation office may request that a shipment be reweighed if a customer's shipment is suspected of being overweight.

Any service member who thinks he or she may have exceeded the authorized weight entitlement is authorized to request a shipment be reweighed through the local transportation office prior to accepting delivery.

Additionally, customers are advised to ask the driver, prior to unloading the shipment, if the shipment has been reweighed.

In the past, excess weight charges were loosely estimated at \$1 per pound. Full replacement coverage has increased the cost of moving.

Excess weight charges now appear to be higher. Customers are advised to get rid of items they no longer need or use, before packing.

Contact the personal property branch office at 751-7198/4237 for assistance.



Crespo: ‘Army not just for show’

Rank, name
Sgt. Rosangela Crespo

Unit
HHC, 171st Infantry Brigade

Military Occupational Specialty / Job title
42A, human resource specialist

Years in service
Four

Family
Two children

Highest education
High School

Hobbies
Drawing (using different types of textures and mediums) and dance



Photo by DELAWESE FULTON

Sgt. Rosangela Crespo, 171st Infantry Brigade, plans to transfer to the active guard reserve and eventually retire from the Army.

For more than a year now, Sgt. Rosangela Crespo — a Reservist on active duty — has worked as a human resource specialist for the 171st Infantry Brigade. Crespo said she has found the work rewarding, and she wants to stay on active duty.

“I want to go AGR — active guard reserve,” Crespo said. “My father was in the military. He retired after 24 years. I want to follow in his footsteps,” she added.

NCO spotlight

Crespo also explained that active guard reserve is when Soldiers in the National Guard have a continuous assignment that might last for several years.

Though she has only served a few years in the Army and has not had a deployment yet, Crespo gleaned much insight and know-how from her leaders. And like countless other NCOs, she ad-

vises new recruits to seek good mentorship and positive role models.

“(One of my past supervisors) motivated me. She told me to always try to be at my best and to earn my rank,” Crespo said. “The Army is not just for show. You are actually doing something.”

Crespo said her future goals consist of earning a rank above sergeant first class, becoming a middle-school teacher and being a better mom to her two sons.

We salute you!

The NCO Creed

No one is more professional than I. I am a non-commissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.”

I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient.

I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

Spouse goes from Soldier to scribe

Reservist uses childhood passion to help ease others' deployment blues

By **MIKE A. GLASCH**
Fort Jackson Leader

Like a large number of military spouses, Capt. Cursha Lunderman, a Reservist with the 208th Regional Support Group, found herself feeling miserable and alone when her husband deployed to Iraq. Being a new mother just added to her frustrations.

"It brought me to such a point where I felt like I was struggling every single day just to try to keep going on," Lunderman said. "I kept thinking to myself, 'I really do feel alone in this situation. My husband is gone; he's left me here with a baby. I don't know how to be a mom.

"I have to figure out how to be a mom, I have to figure out how to keep my marriage together and I have to figure out how to be supportive of him because he's over there by himself. When he calls home I have to figure out how to be happy.' It was just too much."

“

It's not just about making it through today just so you can go to sleep, wake up, only to go through it all over again.

”

— **Capt. Cursha Lunderman**

It was at that point that Lunderman took a childhood passion and turned it into a venture to help her deal with the emotions she was experiencing. Having kept a journal since she was 10 years old, Lunderman decided to write a book for spouses of deployed service members when she couldn't find a book that had what she needed — one that also addressed her spiritual needs.

"I figured to just tell my story, because I knew I couldn't be by myself in feeling this way," Lunderman said. "It helped me stay sane and being able to write down my thoughts helped me stay sane as well. It was helping me not to freak out. If I would just write this down then I could move on and not dwell on my situation at the time."

Lunderman went back through her jour-

nal from when she was deployed to Afghanistan a few years earlier and what she was writing in her journal while her husband was deployed to start writing "Serving 2 Masters."

"It's the Soldier's side of deployment... and it's the spousal side of deployment also," she said. "I'm really big on the hope element. I think people need to be inspired. Having a hold of a faith element that this is for a greater good, that it's not just me, really helped me get through my husband's deployment. I wanted to pass that along to other people who might be going through the same thing, not necessarily going through a deployment, but maybe going through a tough time in life."

As she was writing "Serving 2 Masters," Lunderman was inspired to begin another book, this one for children whose parents are deployed. She got the idea from her 5-year-old niece who was having a hard time coping with her father being deployed.

"She would have her good days and bad days," Lunderman said. "Some days she would be doing great, and then other days it would hit her like a ton of bricks that daddy was gone, that he was very far away and she really missed him and really just wanted him to come home.

"For some reason they think they are responsible for something going wrong, that they've played some sort of part in dad not being there, that maybe if they behaved better, Daddy wouldn't be gone for so long, maybe if they would have put their toys away, Mom would be back sooner."

When she started writing "God's going Too!: His Promises for Kids During Deployments," Lunderman said she wanted to bring the same inspirational messages from

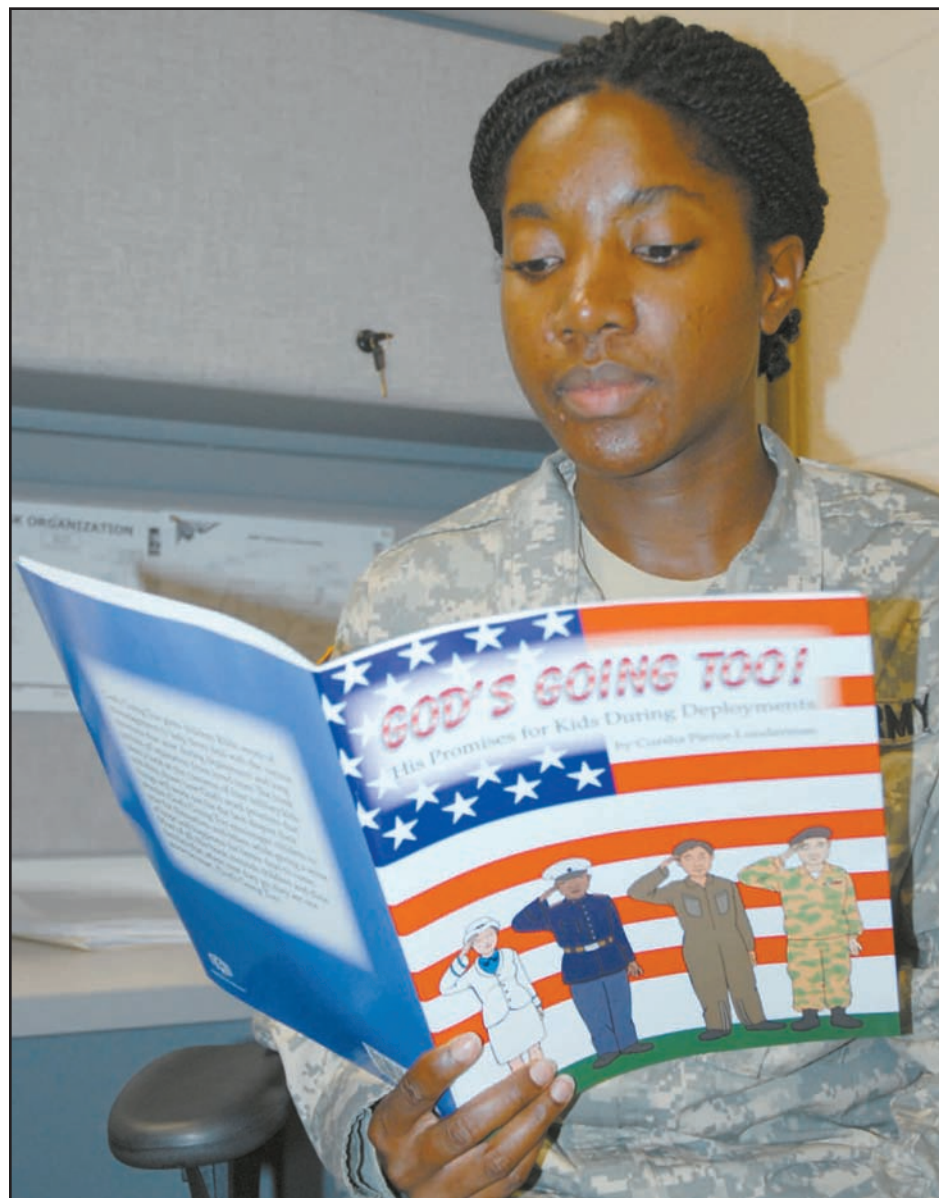


Photo by **MIKE A. GLASCH**

Capt. Cursha Lunderman, shown here reading her children's book, turned her childhood passion into a way to deal with her husband's deployments.

her adult book down to a level for children, 3 to 10.

Whether it is a spouse, child or any other family member struggling with facing a loved one being deployed, Lunderman said it is important for family members to remember they "didn't send mom, dad, brother, sister, overseas by themselves.

Wherever they are going, God is going, too.

"It's not just about making it through today just so you can go to sleep, wake up, only to go through it all over again. That was how I felt. I'm going to get through today, go to sleep, wake up and he's still going to be in Iraq."

Michael.A.Glasch@us.army.mil

Veteran's career was made in the sky

By **TERESA SANDERSON**
Leader Correspondent

As a child, retired Lt. Col. Claude Lott Jr. played with his toy airplanes and dreamed of becoming a pilot. Years later, Lott lived his dream and became one of the pilots portrayed in the movie “Apocalypse Now.”

He lived the scene where the helicopters come towering into the sunrise, sirens blaring, and guns ready to attack the enemy. Lott was the executive officer of the 1st Squadron, 9th Calvary, 1st Calvary Division doing what he does best — hunting and destroying the enemy.

Lott loves to talk about his treasured black Stetson hat, which is now covered with medals and holds many memories for him. And although his wife once cleaned off the dirt from Vietnam, she couldn't wash away his memories. Lott flew numerous missions in Vietnam amid heavy enemy fire, swooping low to search for the enemy. Lott noticed the Viet Cong hiding deep in the dikes along the rice paddies and he would roll his helicopter to the side and come in low to take out the enemy soldiers. This provided protection for the infantrymen trapped on the ground.

Later, in Cambodia, Lott faced intense combat. On one mission, fellow pilot and Medal of Honor recipient Jon Swanson took heavy fire and crashed. Under heavy enemy fire, and with orders from his commander, Lott was forced to pull back.



Courtesy photo

Retired Lt. Col. Claude Lott, shown here in an undated photo, stands next to one of the helicopters he flew in Vietnam.

After the war ended, he left his AH-1 Cobra helicopter behind only to be reunited with it some 40 years later.

One day, Lott was at a Celebrate Freedom Foundation event where the Army had donated several helicopters to the Foundation to be used for educational and recruiting purposes. Although one of the gunships had been restored to parade ready conditions, it still felt familiar to Lott. On closer inspection, it was determined that it was one of the helicopters Lott flew in Vietnam. Lott was born in

Kershaw and joined the S.C. Army National Guard during high school. Before going to Vietnam, Lott was transferred among the S.C. Air National Guard, Army National Guard, Air Force, Army and the Army Reserve. He graduated from Palmetto Military Academy and was commissioned as a second lieutenant. When he retired in 1980, he had logged more than 10,000 flight hours. After retirement, he served as the Richland 2 School North East Transportation Officer for 16 years.

Lott and his wife, Betty, were high

school sweethearts. They have three children: Claude Lott III, Vicki Schumpert and Alan Lott.

Lott's favorite poem, “High Flight” by John Magee, reflects his life.

“... Sunward I've climbed, and joined the tumbling mirth of sun-split clouds — and done a hundred things you have not dreamed of. ...”

His awards include Silver Star, Legion of Merit, Distinguished Flying Cross, Bronze Star with 2 Oak Leaf Clusters (1 for Valor), 42 Air Medals (1 for Valor), Army Commendation Medal with 4 Oak Leaf Clusters, National Defense Service Medal with Oak Leaf Cluster, Vietnamese Campaign with 5 Campaign Stars, Vietnamese Cross with Gold Star, Vietnamese Cross of Gallantry with Palm and Gold Star, Vietnamese Civil Action Medal, Armed Forces Reserve Medal, Master Aviator Wings, and Master Thai Army Aviation Wings.

Lott is a member of the 1st Squadron 9th Cavalry Bullwhip Association, Distinguished Flying Cross Society, Quiet Birdman, First Calvary Association, SC Helicopter Association, VFW, American Legion, Vietnam Helicopter Association, Fort Jackson Flyers Association, SC Aviation Breakfast Club, SC 242 Palmetto Sport Aviation, Celebrate Freedom Foundation, Aeronca Aviator's Club, Military Vehicle Collectors of South Carolina and the Military Vehicle Preservation Association.

S.C. group restores, preserves military vehicles

By **TERESA SANDERSON**
Leader Correspondent

The Military Vehicle Collectors of South Carolina began with a chance encounter of guys who had been attending the Columbia Veteran's Day parades.

They got together and discussed the importance of preserving military traditions and equipment while educating our youth about the sacrifices made by our veterans. The MVCSC developed into an organization of 33 veterans and non-veterans.

The group has since gained affiliate status with the national organization — the Military Vehicle Preservation Association.

I met the MVCSC president, Dave Cartledge, while the group was working to promote military history through the operation of “Firebase Victory” — a representation of a Vietnam-era firebase where all of the Vietnam Veterans were officially welcomed home.

After a week of construction, the MVCSC had assembled components of the firebase, including a guard tower, ammo bunkers, mess hall, command post, mortar emplacements, motor pool, hospital, and living

VETTING VETERANS

By **TERESA SANDERSON**
Leader correspondent



quarters supported by vintage equipment and personnel dressed in period uniforms.

I was invited to the Curtiss Wright Hangar at Owens Field to visit them while they worked. Banging, clanging, sanding, hammering, welding and painting were going on everywhere. I could see the restoration and preservation of our country's military history in action.

Cartledge — a Vietnam-era veteran who completed Airborne and Ranger schools in 1977 — said the group does more than work on project vehicles and equipment. They also gather to “tell war stories — true or embellished,” in great fellowship.

Members were more interested in promoting other member's stories than telling me their own, stories so wonderful and personal I am not allowed to write them. Stories of veterans who have survived the most intense combat and lived to tell about it. Veterans with Silver Stars, Bronze Stars, and Purple Hearts from all eras are part of this group.

The MVCSC supports Veteran's Day parades in Columbia and Charleston, reunions at Patriot's Point, Family Days and Armed Forces Day at Fort Jackson, and most recently, fellowships at Camp Barstow.

In the process of restoring military vehicles, promoting military history, and supporting Fort Jackson, they allow others to appreciate those who have come before.

Anyone with an interest in preserving and promoting military history can join the group. The MVCSC conducts work meetings at the Curtiss Wright Hangar at Owens Field on Thursday nights and formally meets at 6 p.m., the 2nd Wednesday of each month at American Legion Post 6, 200 Pickens St.

Contact Cartledge at cartledge_d@yahoo.com or call (803) 960-3731 for more information.

Survey allows customers to rate services

Fort Jackson’s constituents now have the opportunity to take time to share on-post experiences with garrison leadership. Now through Sept. 18, the Customer Service Assessment is available at www.MyArmyVoice.org. Once you begin the survey, you will be asked to identify your location, which is Fort Jackson.

After a few more identification questions, you will begin rating garrison service areas based on whether you are a Soldier, family member, retiree, veteran or civilian employee. Those in leadership positions, such as a mission commander, commandant, sergeant major, first sergeant or director, will also be identified.

- Fort Jackson constituents can rate a variety of areas, such as:
- Army family housing
 - Personnel services (ID cards, DEERS, CAC)
 - Employee assistance program
 - Education (post secondary classes and courses)
 - Volunteer programs
 - Child, Youth and School Services/childcare
 - Physical security (the gates)
 - Family readiness programs

CUSTOMER SERVICE CORNER

- Civilian personnel system
- In addition to the above areas, post leaders can also rate areas such as:
- Wireless infrastructure
 - Substance abuse and prevention
 - Material maintenance support
 - Deployment cycle
 - Logistics
 - Emergency communications
 - Range operations
 - Central Issue Facility
 - Ammunition supply
- The difference between what we think we know and what the customer actually tells us is at the center of the Customer Management Services feedback system.

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation. CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers’ experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on “Submit an Issue or Recommendation” or on the Community FIRST/AFAP Logo. Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important.

“Let your voice be heard!”

Saluting the cycle’s Basic Combat Training honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt.
Wayne Estes
Company A
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Richard Pitts

SOLDIER OF THE CYCLE
Pvt. Patrick Dobson

HIGH BRM
Pvt. Leah Miller

HIGH APFT SCORE
Pfc. Jeremiah Higgins



Staff Sgt.
Joey Jones
Company B
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Luzangel Dilone

SOLDIER OF THE CYCLE
Pfc. Jesse Dean

HIGH BRM
Pvt. Nicholas Nail

HIGH APFT SCORE
Pvt. Jonathan Tietje



Staff Sgt.
Robert Absher
Company C
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Rachel Bradford

SOLDIER OF THE CYCLE
Pfc. Jonathan Wisely

HIGH BRM
Pfc. Aaron Arellano
Pfc. Daven Amidan
Pfc. Christopher Davis
Pvt. Steven Cutlip

HIGH APFT SCORE
Pvt. Joseph Codd



Staff Sgt.
Steven Thomas
Company D
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Jordan Carroll

SOLDIER OF THE CYCLE
Pfc. Justin Melendez

HIGH BRM
Pfc. Daric Henderson

HIGH APFT SCORE
Pvt. Nikeera Chandler



Staff Sgt.
Edward Moore
Company E
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Crystal Kirk

SOLDIER OF THE CYCLE
Pvt. Michael Hobbs

HIGH BRM
Pvt. Richard Lawton

HIGH APFT SCORE
Pvt. Emily Walter



Staff Sgt.
Darren Wilson
Company F
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Terrance Eley

SOLDIER OF THE CYCLE
Pfc. Fernando Ramos

HIGH BRM
Pvt. Richard Clayton

HIGH APFT SCORE
Pvt. Roger McDonald

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT AWARD Staff Sgt. Claudia Vargas	TRAINING SUPPORT AWARD Staff Sgt. Herbert Duran
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September Promotions

Name	Rank	Unit	Name	Rank	Unit
AGUTO Jr., Antonio A.	COL	Student Detachment	SALDANA, Jeremy J.	1LT	Student Detachment
JOHNSON, Lyndon C.	LTC	2/347th CS CSS RGT	WILLIAMS, Karlissa D.	1LT	HQ, Co. A, 1st Bn., 61st Inf. Reg.
TAPP, Albert J.	LTC	2/345th CS CSS RGT	WILLIAMS, Vernon A.	1LT	Student Detachment
ARROL, Matthew R.	MAJ	Student Detachment	WILSON, Carlton R.	1LT	Student Detachment
BAKER Jr., Donald L.	MAJ	HQ 2nd Bn., 60th Inf. Reg.	DUVERNAY Jr., Herbert J.	MSG	Drill Sergeant School
COOPER III, Walter R.	MAJ	Student Detachment	JACKSON, Curtis J.	MSG	1/345th EN Reg.
CORCORAN, Shane W.	MAJ	Student Detachment	JACKSON, Roderick A.	MSG	Co. D, 187th Ord. Bn.
FLEMING, Jesse L.	MAJ	Student Detachment	SIMMONS, Bobby R.	MSG	1/345th EN Reg.
FLOOD, Patrick M.	MAJ	Student Detachment	BARRERA, Edgar E.	SFC	Co. C, 2nd Bn., 13th. Inf. Reg.
JONES, Leangela D.	MAJ	2/347th CS CSS RGT	BURKE, Derek I.	SFC	Co. C, 187th Ord. Bn.
MCMANUS, Barry J.	MAJ	Co. A, TSB	CARPENTER, Eric B.	SFC	Co. D, 2nd Bn., 60th Inf. Reg.
MUWWAKKIL, Rasheed N.	MAJ	157th Inf. Bde.	CHELSEA, Daniel B.	SFC	Student Detachment
REITAN, Jerry B.	MAJ	HHC, 165th Inf. Bde.	GRAYER, Brut D.	SFC	Co. A, 4th Bn., 10th Inf. Reg.
ROBERTS, Ryan M.	MAJ	Student Detachment	HILL, Christopher A.	SFC	HQ, Co. A, 2nd Bn., 60th Inf. Reg.
RUPPERT, AnnMarie D.	MAJ	Student Detachment	LADSON, Antoine L.	SFC	MEDDAC
SULLIVAN, Edward T.	MAJ	Student Detachment	MOSS, Charisse L.	SFC	Co. B, 3rd Bn., 60th Inf. Reg.
VELEZ, Elke	MAJ	Student Detachment	NAVARRO Jr., Daniel	SFC	HHD, 193rd Inf. Bde.
BEST, Hilbert C.	CPT	Co. D, 3rd Bn., 13th Inf. Reg.	REEL, Michael G.	SFC	Co. D, 3rd Bn., 34th Inf. Reg.
EFFIO, Luis	CPT	Student Detachment	RUARK, Tristan W.	SFC	Co. E, 120th AG Bn. (Reception)
ROSAHERNANDEZ, Ninotchka	CPT	HQ, 2nd Bn., 13th Inf. Reg.	SCOTT, Yolanda Y.	SFC	HHC, TSB
BOIVIN, Gregory L.	1LT	Student Detachment	SMART, Tamara M.	SFC	Co. F, 3rd Bn., 13th Inf. Reg.
BOWERS, Johnique S.	1LT	Student Detachment	SOUKSAVATH, Anoulom	SFC	Co. B, 187th Ord. Bn.
COBB, Desmond A.	1LT	Student Detachment	STEPNIEWSKI, Marian R.	SFC	Co. B, 2nd Bn., 13th Inf. Reg.
COLON, Moises	1LT	Student Detachment	WILKIE, Scott D.	SFC	Co. D, 3rd Bn., 34th Inf. Reg.
DOUANGPRACHANH, Leuth	1LT	Student Detachment	WOULLARD, Kevin J.	SFC	Co. D, 2nd Bn., 60th Inf. Reg.
GAITHER III, Tommy	1LT	Student Detachment	ANDERSON, Timmy	SSG	HHC, 187th Ord. Bn.
GRAHAM, Andrea N.	1LT	Student Detachment	EGGINS, Deborah J.	SSG	MEDDAC
GRAY Jr., John	1LT	Student Detachment	PURDIE, Shamar D.	SSG	HQ, 171st Inf. Bde.
HEARN, Marta M.	1LT	Student Detachment	SMITH, Tawrence D.	SSG	Co. F, 2nd Bn., 39th Inf. Bde.
JENKINS, Joylisa M.	1LT	Co. E, 1st Bn., 34th Inf. Reg.	ASENCIOTORRES, Pablo	SGT	MEDDAC
LIPPINCOTT, Joshua M.	1LT	Student Detachment	BONNER, Bobby L.	SGT	HHC, TSB
PALUMBO, Christopher C.	1LT	Student Detachment	BRUNSON, Laia M.	SGT	Co. B, 4th Bn., 10th Inf. Reg.
REESE, Cindyettia	1LT	Student Detachment	FLOSI, Lindsay N.	SGT	4th FA BCD, Shaw AFB
ROWLEY, James D.	1LT	Student Detachment	KENT, Danielle L.	SGT	MEDDAC
SAINTJUSTE, Edler	1LT	Student Detachment	LEE, Tarsha N.	SGT	Garrison

HAPPENINGS

Calendar

Today

PWOC fall kick-off

9:30 a.m. to 12:30 p.m.

Main Post Chapel

Wednesday, Sept. 9

Retired Officers Wives Club

11:30 a.m., Officers' Club

Guest speaker: Judi Gatson, WIS

RSVP by 3 p.m., Friday. Call 783-1220 or

788-1094.

Violence in the Workplace Training

ASAP Classroom, 3250 Sumter Ave.

Participants can attend 9-10 a.m. or 1-2

p.m. Call 751-5007 to RSVP.

Red Cross open house

4-6 p.m.

Red Cross main office, 2179 Sumter St.

Sunday, Sept. 13

Sunday Worship Concert Series

9-11 a.m., Solomon Center

Performance by Bethany Dillon.

Wednesday, Sept. 16

CFC kick-off

Officers' Club; Reception begins at 3

p.m., program begins at 3:30 p.m.

RSVP by Wednesday by calling 733-5400

ext. 2051 or by e-mail at [TMorehead@](mailto:TMorehead@uway.org)

[uway.org](mailto:TMorehead@uway.org).

Friday, Sept. 18-19

Commissary case lot sale

8 a.m. to 5 p.m., Fort Jackson commissary

Valid military ID required.

Tuesday, Sept. 22

Maude Leadership Lecture

3 p.m., Solomon Center

Guest speaker will be Sgt. Maj. of the

Army Kenneth Preston.

Announcements

DOIM CLOSURE

The Directorate of Information Management will be closed Sept. 11 from 11 a.m. to 4:30 p.m. Call 751-DOIM in case of an emergency or unique mission requirements.

VEHICLE PROCESSING CENTER

The Vehicle Processing Center in Charleston has moved. This is the drop-off location for shipping or storing vehicles in connection with a permanent change of station move. The new address is 1510 Meeting St., Charleston, S.C., 29405. The phone number is: 800-747-9223 or (843) 805-6667. The fax number is: (843) 805-6671.

THRIFT SHOP NEWS

The Thrift Shop is accepting fall and winter items. Halloween items will be ac-

cepted in September and October; Thanksgiving items will be accepted in October and November; and Christmas items will be accepted in October, November and December.

COATS FOR KIDS

The Moncrief Army Community Hospital Sergeants Association is conducting a coat drive through Sept. 11. Donations will be accepted in the hospital main entrance.

FCC PROVIDERS NEEDED

A Family Child Care training is scheduled from 8 a.m. to 4 p.m., Sept. 14-18, at the Joe E. Mann Center. Those living in government quarters and Department of Social Services registered off-post providers may apply to become certified to provide child care. Applicants willing to care for children younger than 2 are needed. An amnesty program is available to those providing child care who are not certified. RSVP by Wednesday. Call 751-6234/1293 for information.

VOLUNTEER COUNCIL POSITIONS

The Fort Jackson Volunteer Advisory Council for the American Red Cross has several volunteer positions available. Call 751-4329 or visit 2179 Sumter St. for information.

'COME SEE YOUR ARMY' TOURS

"Come see your Army" tours are conducted monthly. The tours provide the community with an opportunity to attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch at a military dining facility; and shop for souvenirs. Call 751-1474/5327 to participate.

LEGAL EDUCATION PROGRAM

Applications for the Army's Funded Legal Education Program are being accepted until Nov. 1. The program provides funding for officers, second lieutenant through captain, to attend law school. Selected officers will attend law school beginning fall 2010. Applicants must have at least two, but not more than six, years of total active federal service at the time legal training begins. Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. For more information, contact Lt. Col. Everett Yates at 751-7657.

NAVY BIRTHDAY BALL

The U.S. Navy Expeditionary Combat Readiness Center Detachment at Fort Jackson has scheduled a Navy Birthday Ball, 6 p.m., Oct. 3, at the Marriott Columbia. Attire for military members is service dress blue (dinner dress is optional). Attire for civilians is coat and tie (black tie is optional). Call 719-3338 for tickets or information.

SCHOOL ADVISORY BOARD

The Fort Jackson School Board has five open positions. Parents with children enrolled in a Fort Jackson school may seek election to the school board. Candidates may either be nominated by at least one other parent or submit their own name as a write-in candidate the day of the election.

Nomination forms have been sent home with children attending Fort Jackson schools or may be picked up at the school. Nomination forms must be turned in by noon, Sept. 17. Elections are scheduled from 8 a.m. to noon, Sept. 25 at each school. Only parents are eligible to vote.

GOLF TOURNAMENT

Saint John Baptist Church has scheduled its inaugural Israel Brooks Memorial Golf Tournament 9 a.m., Sept. 21 at the Fort Jackson Golf Club. Prizes will be awarded to the winning four-person teams. For more information, call 381-4833, 397-9044 or 397-6217.

NATIONAL GUARD EXPO

The S.C. National Guard Air & Ground Expo is scheduled for Oct. 10-11 at McEntire Joint National Guard Base. Events include the Army's Golden Knights, flyovers, military displays, combined arms demonstrations and more. Visit <http://scguardnow.net> for information.

Housing events

Wednesday, Sept. 3

Pen Pal Club

Discover the art of writing letters while making new friends at Fort Gordon. For children, 4-12.

Tuesday, Sept. 22

Neighborhood huddle

5:30 p.m.

Receive housing updates and share concerns.

Thursday, Sept. 24

Breakfast on the go

Chick-fil-A on Decker Boulevard will be providing free breakfast for families on their way to school.

Neighborhood huddle

10 a.m.

Receive housing updates and share concerns.

Friday, Sept. 25

Friday night live

6 p.m.

Teens only! This month's theme is karaoke fun. Snacks provided.

Monday, Sept. 28

Box tops for education

Collect box tops from a variety of products all month long and drop them off to earn 10 cents per top for local schools.

Visit www.boxtops4education.com for details.

Every Tuesday

Walking club

9 a.m.

Enjoy a walk through the scenic Fort Jackson housing area. Strollers OK.

Every Thursday

Kids' day

10 a.m.

A variety of crafts and activities for children younger than school age.

All events are held in the Balfour Beatty Communities management office unless otherwise specified. For more information, call 738-8275.

Off-post events

GET RESUME READY

A Resume and Typing Clinic is scheduled from 2-4 p.m., Tuesday, Sept. 15, 22 and 29 at the Richland County Main Library. The program is free and open to adults. Bring work history, including dates of employment and company contact information. Call 929-3457 to register.

GET RESEARCH READY

Use library resources to learn basic research skills. Students will learn how to find information from books, magazines and online databases. The program for middle school students is 10 a.m., Sept. 12 at the Richland County Public Library Training Center. Call 929-3457 to register.

TEEN IDOL AUDITIONS

Auditions for the Richland County Public Library's Teen Idol competition are scheduled for 2:30 p.m., Sept. 12 and Sept. 20. Registration forms are available at all RCPL locations, and online at www.myRCPL.com/teen.

DEVINE QUILTERS

Works by the Devine Quilters, a group of about 70 Midlands women, will be on display in the Wachovia Gallery of the Richland County Public Library, 1431 Assembly St., through Oct. 6. The gallery is located on the garden level of the library's main branch and is open 9 a.m. to 9 p.m., Monday through Thursday, 9 a.m. to 6 p.m., Friday through Saturday and 2 p.m. to 6 p.m., Sunday.

ADVERTISE IN THE LEADER

To place an advertisement in the *Leader*, including classified ads, contact Camden Media Co. at (803) 432-6157 or 1-800-698-3514. Ads can also be faxed to (803) 432-7609, ATTN: Leader Classifieds.

Too much salt not a recipe for health

By CAPT. BETHANY DESCHAMPS
Moncrief Army Community Hospital

High blood pressure, or hypertension, is a risk factor for heart disease, the No. 1 killer of Americans.

Many factors can lead to high blood pressure. Stress, smoking, inactivity, weight gain and a high intake of salt or sodium are just a few.

Although the exact relationship between a high-sodium diet and hypertension is not clear, a sodium-controlled diet can help control high blood pressure.

Salt is one of the most craved food additives and the more salt people eat, the more they crave.

The taste for salt is a learned habit that can be unlearned. With reduced sodium intake, the taste buds will become more aware of the natural flavor of foods and the craving for salt will decrease.

Sodium comes from four main sources:

TABLE SALT AND OTHER SEASONINGS

Sodium is often added to foods during preparation in the form of table salt, MSG, sea salt, garlic salt or other seasonings. One level teaspoon of salt contains about 2,000 milligrams of sodium.

PROCESSED FOODS

Salt and other sodium-containing additives are added to foods that are processed. Some of the sodium-containing additives play an essential role in the preservation of food. However, often the sodium is added strictly for flavor in the form of sodium chloride, or table salt.

FOODS THAT NATURALLY CONTAIN SODIUM

All foods that come from animals naturally contain sodium. Most fresh fruits and vegetables also contain some sodium, but in smaller amounts.

NON-FOOD ITEMS

Some over the counter drugs and medications contain sodium. Alkalizers (Alka-Seltzer), antacids, laxatives, bicarbonates of soda, aspirin and cough medicine all contain high amounts of sodium. Even drinking water contains some sodium. People on sodium-restricted diets may need to avoid softened water and learn the sodium content of their water.

When shopping for food, look for sodium on the food label. Avoid foods that have more than 400 milligrams of sodium per serving. These foods are considered high-

sodium items.

Choose fresh or frozen vegetables and avoid canned vegetables. Convenience foods are high in sodium. Canned and dehydrated soups are high in sodium.

Snack foods may be high in sodium. Nuts and popcorn are naturally low in sodium until seasoning is added.

Buying reduced-sodium products or making the meal yourself will give you more control over how much sodium you consume. When dining out, ask that the order be prepared without salt.

When preparing foods, add fresh herbs and spices instead of salt to vegetables, meats, poultry and fish.

Cook a day ahead when making soups, stews, sauces, slaws and salads and do not use salt. This gives the natural flavors in the food time to blend.

Baste meats with wine, seasoned vinegar or lemon juices instead of sauces like soy sauce or teriyaki sauce. Cook rice, noodles, pasta, hot cereals and vegetables in unsalted water.

Strive to consume less than 2,400 milligrams of sodium per day. People with high blood pressure should consume less than 2,000 milligrams of sodium per day.

For more information on sodium and other nutrition concerns, call 751-2115.

MACH updates

FLU IMMUNIZATION PROGRAM

Preventive Medicine will conduct training on the DoD influenza immunization program today, Sept. 10, 17 and 24, 9-10 a.m. in the Moncrief Army Community Hospital staff conference room on the third floor.

ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently seeing only active-duty Soldiers and certain other patients for follow-up appointments. If you need assistance obtaining orthopedic care, call the referral center at 751-2363

FOLLOW MACH ON TWITTER

MACH is announcing same-day appointments for primary care on Twitter. These are appointments that were initiated by a patient but were canceled. The open appointment will become available to the first patient to request it. Sign up at www.twitter.com/machcsd.

WELLNESS AWARENESS

Moncrief Army Community Hospital's Department of Behavioral Health will be setting up a Wellness Awareness Display Table in the front area of the main entrance to the Hospital Wednesday, 7-10 a.m.

The purpose of this informational display is to increase awareness and reduce the contributing factors that lead to suicidal ideations, tendencies or behaviors.

Everyone is encouraged to take a few minutes to stop by and visit the display table and receive various educational hand outs.

This event is free and open to the public. For any additional information or questions, contact the Department of Behavioral Health at 751-2235/6597/0516.

OUT-PROCESSING POLICY

Soldiers must now clear the Army Substance Abuse Program, Social Work Services and Behavioral Health prior to leaving the installation. The Soldiers' out-processing will include a review of medical records and provide an opportunity for the Soldier to receive care or information at their gaining installation. Out-processing hours are 8-11 a.m., Tuesday and 1-4 p.m. Thursday, at MACH, Room 7-90. For information call 751-2235.

CANCELLATIONS

To cancel an appointment after duty hours, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273).

New MACH chaplain



Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Chaplain (Capt.) Steven Rindahl, comes to MACH from Eisenhower Army Medical Center, Fort Gordon, Ga. He holds a Bachelor of Arts from Excelsior College, a Master of Divinity from Southwestern Theological Seminary and a Master of Theology in Preaching from Spurgeon's College in London. He is the first priest of Convocation of Anglicans in North America to serve as a military chaplain.

ADVERTISING IN THE LEADER

For questions regarding advertising or classified ads, call 432-6157.

Site offers free homework help to military children

School is back in full swing and some homework has already been assigned, turned in and graded. Parents who are not satisfied with the early results — whether it is a grade-school student's spelling test grade or a high school student's English paper grade — can get help online from www.myarmyonesource.com/cyss_tutor.

The online learning suite offers one-to-one tutoring and homework help, real-time writing assistance and around-the-clock access to subject-specific resources for students in kindergarten through 12th grade, college students and adult students who are family members of active, wounded, Reserve or National Guard Soldiers and Army civilians, including survivors.

The site offers three services — K-12 Student Center, College Center and Adult Career Center.

K-12 Student Center offers help from tutors in academic subjects, test preparation, essays, homework completion and more. College students can get help from expert tutors and career specialists on school work, GED prep or resume writing. The Adult Career Center offers resume and cover letter writing, job searching, GED prep, citizenship test preparation or help with school work from expert tutors and career specialists.

Subjects on which students can get help are elementary, basic and middle grades math, algebra I and II, geometry, trigonometry, calculus and statistics; elementary and earth science, biology, chemistry and physics; vocabulary, grammar, literature; and social studies. Students can also get English and grammar help in the Writing Center.

Tutors are certified teachers, professors, graduate school students, professionals and undergraduate students attending accredited universities. All tutors have passed a background check conducted by a third-party security firm and certified through the Web site.

Career specialists who are certified resume writers or who have completed professional development seminars created by a career counselor help users write and review

Army Family Covenant

By THERESA O'HAGAN

Family and Morale, Welfare and Recreation

resumes and cover letters.

To use the service, visit the Web site and complete the one-time registration process. Your password will be e-mailed to you. Once you get it, return to the site and log in. To receive one-to-one live assistance from an expert tutor, select the subject in which you need help and complete the pre-session questions. You'll be connected to the appropriate tutor in the online classroom. You can also print all of your one-to-one sessions.

If you want to use one of the subject specific resources in the SkillsCenter Resource Library, click on the subject in which you want help or enter a keyword in the search box. The SkillsCenter Resource Library includes thousands of vetted, subject-specific resources and tips for helping children with homework, financial literacy tools, practice exams and much more.

Students of any age can get bilingual, Spanish-speaking tutors. Students preparing for the GED or citizenship test may also receive help from bilingual tutors. Resume help is not provided in Spanish at this time.

Tutoring sessions generally last about 20 minutes. Tutors will work with students until an educationally sound conclusion is found for the question. Tutors will answer up to two questions. Students with more than two questions have to log out and log back in to be connected to another tutor.

The service is provided through Army Once Source and is part of Family and Morale, Welfare and Recreation dedication to keeping the promise of the Army Family Covenant and honoring its commitment to Soldiers and family members.

FMWR calendar

THURSDAY

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magraders Pub and Club is open for lunch.
- ☐ Visit the Officers' Club 11 a.m. to 1:30 p.m. for specials or the buffet.
- ☐ Altered Art class with The EDGE!, 3:30-5 p.m. at 5957-D Parker Lane. Open to children 9-15. For more information, call 751-3053.

FRIDAY

- ☐ First Friday Tournament, 1 p.m., Fort Jackson Golf Club.
- ☐ Hood Street open house, 2-6 p.m., 5614 Hood St. Get information about the Bright SKIES Academy, New Parent Support Program, FAP prevention and education.
- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Family Golf Night, 5-7 p.m., Fort Jackson Golf Club.

SATURDAY

- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military. Live broadcast from the BIG DM 101.3 with giveaways, 9:30-11 p.m.

SUNDAY

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 2 p.m., Officers' Club. Coat and tie are no longer required. T-shirts, running attire and flip flops are not permitted.
- ☐ Couples' tournament, 2 p.m., Fort Jackson Golf Club.

MONDAY

- ☐ Patriot Golf Day, Fort Jackson Golf Club.

TUESDAY

- ☐ Altered Art class with The EDGE!, 3:30-5 p.m. at 5957-D Parker Lane. Open to children 9-15. For more information, call 751-3053.

WEDNESDAY

- ☐ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Party night, 8 p.m., NCO Club. Cover charge is \$7 for civilians and \$5 for military.
- ☐ Free golf lesson, 5-6:30 p.m., Fort Jackson Golf Club.

ONGOING OFFERS

- ☐ Child, Youth and School Services provides free child care and youth programming on Saturdays for active-duty parents who must work to meet mission requirements. The free child care is also available to parents who are in the National Guard or Reserve during battle training assembly. In addition, child and youth programming is available to other parents at an hourly or daily rate.
- ☐ Victory Travel has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$30 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations. For more information, visit Victory Travel in the Solomon Center.



Rest, recovery key to avoiding burnout

By **CHAPLAIN (CAPT.) JEFF BRYAN**
2nd Battalion, 13th Infantry Regiment

I remember looking at a Soldier while I was deployed and thinking, “It’s a good thing you don’t know how tired I really am!”

Helping my warriors in Iraq came through prayer, encouragement by scripture and a ministry of presence — but at the cost of my energy capacities.

The issue centered on the fact that I had continuously poured out my mental, physical and spiritual breaths without stopping to refill them.

I frequently exhausted myself in order to minister to Soldiers, but was blindsided by the silent assassin — burnout.

It wasn’t until someone cared enough to tell me that I was wearing down that I changed my course.

Instead of asking myself — “How am I going to make it through till the next day?” — I gradually began looking forward to the next day.

The fact is that life sometimes brings us situations that challenge us with burnout.

At times we face tough burdens that require legitimate help.

Only in the last few decades have mental health professionals been able to scrape away the surface of subjects such as burnout, post traumatic stress disorder and compassion fatigue.

Americans naturally like to help, especially in times of

crisis, and that is why we have to look out for each other more than ever.

We should not just find rest ourselves, but we should also encourage others to do the same. More than ever, Americans are seeking ways to rest and recover from life.

What does the Bible say about this issue?

Scriptures admonish us to find rest physically, mentally and spiritually (Matthew 11:25-30.) It’s not just good advice, it’s modeled by Jesus and also commanded by God through Moses (Exodus 20:11).

It’s good to care and blessed are those who do so enough to provide comfort when others need it.

Let’s just make sure that we find rest so that we’re still “earthly good.”



PROTESTANT

- Sunday
8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)
7:45 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, USACHCS, Fox/Poling lab
 - Wednesday
6 p.m. Prayer Service Daniel Circle Chapel
7 p.m. Gospel Mid-week Service Daniel Circle Chapel
- Protestant Bible Study**
- Monday

- 7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)
- Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
 - Thursday
9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday
8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)
- PROTESTANT YOUTH OF THE CHAPEL**
- Saturday
11 a.m. Daniel Circle Chapel (third Saturday)
 - Sunday
5 p.m. Main Post Chapel
- CATHOLIC**
- Monday-Thursday
11:30 a.m. Mass (Main Post Chapel)
 - Sunday
8 a.m. Mass (MG Robert B. Solomon Center)
11 a.m. Mass (Main Post Chapel)

- 9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
- Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

ANGLICAN/LITURGICAL

- Sunday
8 a.m. Memorial Chapel

ISLAMIC

- Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

JEWISH

- Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

CHURCH OF CHRIST

- Sunday
11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
9:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050

Program provides voting assistance

By SGT. 1ST CLASS FELIPE PINERO
Assistant Inspector General

The Torres family has just arrived at Fort Jackson. Staff Sgt. Torres and her husband are interested in voting, but are unclear on their eligibility or in which state they hold legal residency. Where can the Torres family go for assistance?

Military spouses or other eligible family members can receive voting assistance through the unit voting assistance officer. For voting purposes, your “legal state of residence” can be the state or territory where you last resided prior to entering military service or the state or territory that you have since claimed as your legal residence.

The Inspector General’s Office recently conducted a Federal Voting Assistance Program Assessment throughout the United States Army Basic Combat Training Center of Excellence.

The IG focused its assessment on USABCTCoE’s compliance with existing DoD and Army policies relating to the Army’s Federal Voting Assistance Program.

The goals of the Federal Voting Assistance Program and VAOs are to inform and educate U.S. citizens worldwide of their right to vote, foster voting participation, protect the integrity of, and enhance, the electoral process at the federal, state, and local levels, and promote effectiveness and efficiency in the administration of the Uniformed and Overseas Citizens Absentee Voting Act.

The director of the Federal Voting Assistance Program administers the act on behalf of the secretary of defense. Each federal department and agency with personnel covered by the act are required to have a voting assistance program.

U.S. citizens allowed to vote under UOCAVA include members of the active duty military, merchant marines,

their family members, and U.S. citizens residing outside the country.

The FVAP biennial Voting Action Plan and DoD directive 1000.4 establish policies and guidelines for carrying out an effective voting assistance program. The federal write-in absentee ballot is a backup or emergency ballot that UOCAVA citizens can use in general elections for federal office.

Each unit is required to appoint, in writing, a unit voting assistance officer. Your unit chain of command should announce who has been appointed as the unit VAO. Additionally, each installation is required to have an installation VAO. A VAO’s duty and responsibility is to help ensure that citizens understand their voting rights and how to register and vote absentee under UOCAVA.

For more information regarding the FVAP visit www.fvap.gov.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director,
Emergency Services/Provost Marshal
Sgt. Maj. Glen W. Wellman III
Provost Sergeant Major
Billy Forrester
Fire Chief



CASES OF THE WEEK

❑ A Soldier was charged with child endangerment after she left her three children in the car for 30 minutes while she went into a building, Military Police said. According to the report, an MP noticed the children in the running vehicle, and escorted the Soldier to the Provost Marshal Office once she returned.

❑ A Soldier and a civilian employee were charged in a scheme that defrauded the government out of approximately \$70,000 over the course of two years, MPs said. According to MPs, the Soldier fabricated rental receipts from a fake business to support his claim that he was leasing residences in order to receive government funds. He also submitted travel vouchers to DFAS in order to receive reimbursement from the government, MPs said. The Soldier is accused of signing false statements, theft of government funds and theft of TDY funds. The civilian is accused of theft and signing false statements.

❑ A Soldier was charged with wrongful sexual contact and indecent exposure after a female Soldier alleged that he sexually assaulted her, MPs said. The male Soldier is accused of exposing himself to the female Soldier and touching her inappropriately on several occasions. The case is awaiting action by the male Soldier’s commander.

TIP OF THE WEEK

The fire extinguisher contractor has nearly completed all of the fire extinguisher annual inspections for the post. If the extinguishers in your building have a yellow inspection tag from Palmetto Fire and Safety, they have been inspected this year.

If the extinguisher does not have the yellow tag, it has not yet been inspected. If any extinguishers in your building have not yet received the annual inspection, call 413-7292.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

**FORCE PROTECTION
THOUGHT OF THE WEEK**

**FPCON
DELTA**

FORCE PROTECTION CONDITION DELTA
Applies in the immediate area where a terrorist attack has occurred or when intelligence has been received that terrorist action against a specific location or person is imminent.

Post prime spot for cycling enthusiasts

By **STEVE REEVES**
Fort Jackson Leader

Many cyclists seeking a refuge from the congested roadways of Columbia find Fort Jackson almost irresistibly alluring.

The cantonment area can be quite busy, particularly during the week, but Fort Jackson offers cyclists miles of low traffic roads that are frequented primarily by Soldiers in training.

Groups of cyclists, wearing brightly colored jerseys and riding machines that can cost in the thousands of dollars, regularly ride through the post on weekday evenings and throughout the weekend.

One of the most popular routes for cyclists is a loop that utilizes Dixie Road, Wildcat Road and Hartsville Guard. On weekends, cyclists say they rarely encounter a motorized vehicle.

“The roads are frequently less traveled, and the drivers are a lot more respectful,” said Chuck Shults, an attorney who works in the Fort Jackson Judge Advocate General’s office. “You generally feel a lot safer riding on post.”

Shults has a single-speed bike he keeps in his office and rides after work or sometimes during his lunch break. He said he appreciates Fort Jackson’s relatively low-traffic roads and courteous drivers.

“Military people do a lot of PT themselves, so when they see us out there exercising, they respect that,” he said.

Fort Jackson has generally welcomed cyclists. Despite increased security at all



Photo by STEVE REEVES

Cyclists head down Washington Road during a group ride at Fort Jackson on Aug. 27. Cyclists from around the Columbia area regularly ride the roads of Fort Jackson, usually in the evenings and on weekends.

military installations since 9-11, cyclists can come on post post after showing proper identification.

Patrick O’Connor, deputy director of Fort Jackson’s Emergency Services, said

cyclists are also required to wear helmets, wear reflective gear in low-light conditions and obey all traffic regulations, including the speed limit.

O’Connor also said motorists are re-

quired to treat bicycles as they would other vehicles and cyclists are required to give the right of way to military traffic.

Bryan Curran, owner of Outspokin’ Bicycles on Devine Street, said most cyclists follow the rules.

“I try to stress to people that they don’t have to let us ride out there,” Curran said. “We appreciate the privilege of being able to ride on Fort Jackson.”

Curran said Fort Jackson has long been one of the preferred areas for many cyclists looking for a safe and convenient place to enjoy their sport.

“For folks who live downtown, it’s the place to ride,” he said.

Gerry Lynn Hall, BikeColumbia Task Force Coordinator, has been working with both Fort Jackson leadership and the Columbia cycling community to ensure that the relationship between the two continues.

Hall said cyclists are urged to obey all traffic signs and motorists are asked to share the road, which is required by the law.

“We want to make sure cyclists are following the rules and we are also sharing with Fort Jackson on how to make sure motorists are doing the right thing, as well,” she said. “We want everybody, whether they are in a car or on a bicycle, to be safe.”

Hall said the local cycling community appreciates the opportunity to ride at Fort Jackson.

“It’s more than a great training ground for Soldiers,” Hall said. “It’s also a great training ground for cyclists.”

Steven.Parrish2@us.army.mil

Sports shorts

❑ Intramural basketball continues Mondays and Wednesdays at Coleman Gym and Vanguard Gym. Games start at 6 p.m., 7 p.m. and 8 p.m.

❑ Intramural and recreational softball end-of-season tournaments continue through next week.

❑ Letters of intent for flag football are due Sept. 16. Flag football is open to active duty Soldiers only.

❑ The fall tennis season is scheduled Oct. 5-23. Those interested in participating must submit their names and their events by Sept. 29.

YOUTH SPORTS

It’s time again for the 2009 youth sports seasons. Children must be family members of active duty military personnel, retirees or civilian employees. Children must also be registered with Child, Youth and School Services. The cost for each sport is \$30 for the first child and \$27 for each additional child.

Call 751-4865/4824 to register.

— **Flag football** (6-13 year olds): Season runs Sept. 14 through Nov. 7. Practices are scheduled twice a week and are normally on weekday evenings. Games are scheduled for Saturday afternoon.

— **Cheerleading** (3-18 year olds): Season runs Sept. 14 through Nov. 7. Practices are scheduled twice a week and are normally on weekday evenings. Games are scheduled for Saturday afternoon.

— **Soccer** (3-18 year olds; children older than 9 will be registered in an off-post league): Season runs Sept. 14 through Nov. 7. Practices are scheduled twice a week and are normally on weekday evenings. Games are scheduled for Saturday morning.

— **Volleyball** (7-18 year olds): Season runs Sept. 21 through Nov. 21. Practices are scheduled twice a week and are normally on weekday evenings. Games are scheduled for Wednesday evening.

LEADER INFORMATION

❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the Sept. 17 *Leader* must be submitted by today.

❑ Announcements are due one week before the scheduled publication. For example, an announcement for the Sept. 17 *Leader* must be submitted by Sept. 10.

❑ Send all submissions to FJLeader@conus.army.mil.

❑ For questions regarding advertising or subscriptions, including classified ads, call (803) 432-6157.

❑ Are you interested in knowing what’s going on at Fort Jackson? Follow us on Twitter at www.Twitter.com/FortJacksonPAO. Log on to your Facebook account and become a Leader “fan” by visiting <http://bit.ly/10gj2x>, or go to www.Facebook.com and search “Fort Jackson Leader.”

FOR THE RECORD

The Fort Jackson Lady Knights defeated Fort Bragg in the Medical Softball Invitational Tournament Aug. 20-23. The team was misidentified in last week’s *Leader*.